

# HORIZONS

*of Health and Hope in Montezuma and Dolores Counties*

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VOLUME 2, ISSUE 1

## Restorative Justice Program Coming to 22nd Judicial District

*By Greer Galloway, Editor HORIZONS*

The School Community Youth Coalition is delighted to be working with the 22nd Judicial District to create a Restorative Justice Program serving Montezuma and Dolores Counties. Restorative justice is an alternative response to crime in which both the perpetrator and the victim of a crime work together to resolve the crime and restore justice. The program is based on indigenous models from around the world in which offenders are not separated out and prevented from connecting with the victims of the crime, but all affected parties sit together and respond to a wrong-doing, harm, or crime to create a plan for rectifying the situation collaboratively.

The program is being developed by Tami Graham, formerly the executive director of the Durango Probation Office's Brighter River program, and Michelle Olson, of the Cortez Probation Department. Funds have been received through the Juvenile Accountability Incentive Grant—a grant administered by the federal Department of Justice. "It's encouraging that the DOJ is actually looking at these alternatives," says Ms. Graham. "The big difference is in the regular

justice system, a punishment is imposed. In this process, it's collaboratively crafted. Part of what we do in our office is then follow up to track progress and continue a level of support" for both the offender and the victim.

According to Ms. Graham, the punishment and punitive response of our traditional justice systems "typically doesn't really help a person who has created a harm to change their actions in the future. [Restorative justice] is about helping that person connect with the impact of their actions in a positive, supportive environment. Again and again, in studies of situations when there's a restorative justice intervention or process, [the offender] is much less likely to re-offend."

The new program is "targeting youth ages 10-18. We're hoping to reach 25 youths this year," says Michelle Olson with the Cortez Probation Department. The program is currently in the transition from its formative stage to actually taking its first cases. Several cases have already been referred to the program.

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*We listen to our community!*

*Our Youth Are Courageous Leaders*

# Limiting Youth Access to Tobacco

By Julia Hesse, Program Director  
Tobacco Education and Prevention Program of Montezuma and Dolores Counties

Developing policies to limit youth access to tobacco has become one of the main issues for the tobacco control movement across the country. Along with raising taxes on tobacco products and adopting smoke-free laws, one of the most effective ways of reducing tobacco use is limiting youth exposure and access to tobacco products.

The Target Tobacco Coalition (TTC) has consistently listed youth prevention as the priority focus for the coalition. The State Tobacco Education and Prevention Partnership (STEPP), which guides and funds the local programs, is mandated to dedicate 50% of funds to youth prevention. This makes sense because 90% of tobacco users become addicted by age 18.

“Youth Access Policy” has become a catch-all term that describes a policy which contains a combination of the following core components, though usually only two to four of these components are present in any one policy:

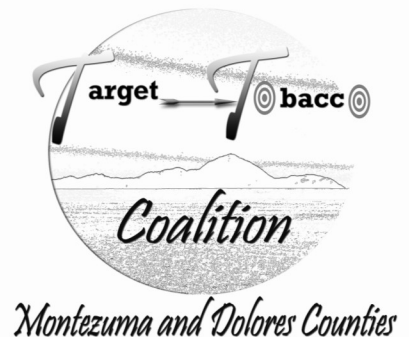


1. Prohibit distribution of free tobacco products and promotional items,
2. Require local licensure of tobacco retailers,
3. Prohibit tobacco product sales by underage clerks,
4. Eliminate self-service tobacco product displays,
5. Prohibit vending machine sales of tobacco products,
6. Prohibit sale of single tobacco products,
7. Prohibit flavored tobacco products including menthol,
8. Prohibit minors from entering tobacco retail establishments,
9. Prohibit tobacco product sponsorship or giveaways on government-owned or managed properties.

Each one of these components is based on scientific evidence proving its effectiveness and is legally sound.

TTC is partnering with the Youth Leadership Council (YLC) to create a Youth Access Policy for Montezuma and Dolores Counties. Currently, work is focused on completing the community assessments, determining which components would be most applicable for our community, and identifying our stage of readiness for a policy. Youth are an essential component to this process because of their unique insight (they are the primary targets of the tobacco industry), their fresh ideas, and their passion about the world in which they live. Our lives are enriched any time youth are at the table in the decision-making and policy-formation process. Adopting a policy like this can take anywhere from 1-3 years, to move from the assessment and development stage, through community education and readiness, and finally implementation and enforcement. Stay tuned for further developments.

For more information on this and any other tobacco-related concern contact Julia Hesse, Program Director for the Montezuma County Tobacco Education and Prevention Program:(970)565-3056 x233 or [jhesse@co.montezuma.co.us](mailto:jhesse@co.montezuma.co.us)



**“Today’s teenager is tomorrow’s potential regular customer, and the overwhelming majority of smokers first begin to smoke while in their teens....The smoking patterns of teenagers are particularly important to Philip Morris”** Phillip Morris Special Report, *“Young Smokers: Prevalence, Trends, Implications, and Related Demographic Trends,* “ March 31, 1981, Bates No. 100039900803

**“Cherry Skoal is for somebody who likes the taste of candy, if you know what I’m saying”** Freedman. A. *“Juiced Up: How a tobacco giant doctors snuff brands to boost their ‘kick’,”* Wall Street Journal, October 26, 1994 [quoting former UST sales representative].

## **Prom is Approaching - Make Sure It's a Safe One!**

### **Tips for a safe prom**

- 1) Plan the night ahead of time - know who, what, where, and when!
- 2) Get a limo - car crashes are the #1 cause of death for youth 15-20. Play it safe and let someone else drive!
- 3) Make sure cell phones are charged or keep a phone card or change handy - be ready to handle an emergency, no matter what happens!
- 4) Stick with trusted friends after the prom.
- 5) Look for safe, drug- and alcohol-free activities for after prom. Bowling, a midnight movie, or late-night breakfast can all be fun. The more the merrier!
- 6) If alcohol and drugs are present, be prepared to say no to pushy friends, give a witty response, or just walk away.
- 7) Keep an eye out for friends and make sure everyone gets home safely.
- 8) Persons caught buying alcohol for underage consumers can be fined up to \$1,250 - don't even think about doing it or asking someone else to do it!
- 9) It's better to remember a prom that was fun than a prom that ended in disaster for the rest of your life - be smart!

## **HELP NEEDED FOR EARLY CHILDHOOD FAIR!**

SWBOCS & MECC are planning an "Early Childhood Fair."  
The Fair will be held Saturday, April 24<sup>th</sup> at the County Annex Building in Cortez.

This will be similar to an adult-style health fair, but with booths that pertain to young children such as developmental, vision, hearing & dental screenings, finger printing by police department., car seat checks, preschools and daycare information, and more!

**HELP is greatly NEEDED to plan and put on the Fair.**

If you are interested in helping with this, contact **Pam Wilderson**  
at 565-8411 x18 or [pwilderson@cortez.k12.co.us](mailto:pwilderson@cortez.k12.co.us).

# A New Look at Criminal Justice for Youth

*Continued from page 1*

The restorative justice process is typically initiated by the offender, but victims can also request an intervention. School counselors, court judges or the District Attorney may refer cases, and the process sometimes happens alongside the traditional justice system and parole departments. In the restorative justice intervention, all affected parties meet together and eventually create an action plan for rectifying the crime or wrong-doing and then carry out that plan. This especially benefits youth whose crimes are simply the result of the type of poor decision-making common in adolescence. These youth may qualify for a deferment option: “after the offender has completed the process, [the offense] is off their permanent record so they don’t have a criminal record to carry on when they’re older,” says Ms. Olson.

One unique aspect of the restorative justice program is that the community can become involved. In crimes or wrong-doing where there is no obvious individual victim, but rather the community as a whole is the victim, the restorative justice process involves a wide array of community volunteers. These volunteers are trained to represent the community in the restorative justice process and to assist the offender in understanding the impact of his or her actions in the community. Volunteers for the program are being sought, and those interested can contact the School Community Youth Coalition at 533-7024.

Ms. Graham notes that restorative justice is victim-driven and the victim must always be the first one to say he or she is ready and interested in the process. Often participating in the program offers a level of healing and closure for the victim, but Ms. Graham is clear that restorative justice is not appropriate for all crimes. She cites violent crimes, such as rape, as cases not suited for this process due to the inappropriateness of asking the victim to be re-victimized by having to confront the offender again. On the other hand, Ms. Graham says that sometimes these cases are handled, but only when the victim is ready—often after many years have passed.

Montezuma and Dolores counties are showing great support for the program. Local schools and justice departments are working closely to develop the program and are the main referral agencies. Additionally, the local collaborative House Bill 1451 Group, which includes local community leaders, social services, judicial systems, school districts, and non-profit leaders, regularly considers intervention programs for ‘at risk’ youth. “One of the goals of this group is to support restorative justice programs—knowing that the process of taking a situation, looking at the impact, and then repairing what is happening is a really amazing avenue for youth. There’s a lot of support in the community for this particular program!” says Missy Miller, director of the School Community Youth Coalition.

Restorative justice programs often result in cost savings for local law enforcement agencies by reducing the number of repeat offenders. Communities are made stronger and offenders are given the skills and tools to move on in their lives. “Sometimes there’s a perception that restorative justice is soft on crime,” says Ms. Graham, “but sitting across from the person that you harmed...looking them in the eye and hearing about how it impacted them, and then being held accountable is not soft on crime, in my opinion.”

**I respect myself**

**That is, until I saw myself get high**

**It’s just an ugly side of myself I didn’t recognize**

**Saying and doing things that were not myself**

**I barely recognized myself**



[abovetheinfluence.com](http://abovetheinfluence.com)

## **Keeping Your Teen Drug Free**

**You matter! What you do and what you say about drugs is really important.**

Be clear that drugs and alcohol are not healthy and you disapprove of your teen using them.

Have consequences if your teen does use drugs or alcohol.

Don't involve your teen in your own addictions to cigarettes, alcohol, or other drugs.

Don't lie about your own experience with alcohol and drugs, but don't glorify it either. Be clear that you hope your teen does not get involved with them at all.

### **Call on your community.**

Ask your friends, family, neighbors, and community members to help ensure your teen does not have access to drugs or alcohol.

Request that you be informed if someone knows your teen is using drugs or alcohol.

Expect your community to be drug-free.

### **Help your teen avoid risky situations.**

Speak with parents hosting a party before you give your teen permission to attend—make sure alcohol and drugs are not allowed.

Discourage your teen from hanging out with friends you know use drugs and alcohol.

Provide other fun and interesting things for your teen to do.

Let your teen blame you. Sometimes it's easier to say, "My parents won't let me!"

## ***Parent Involvement Can Prevent Drug Use and Aid Brain Development***

According to Nora Volkow, M.D., director of the National Institute on Drug Abuse, research now shows that children with parents who are involved in their lives not only have a reduced risk of alcohol and other drug problems, but they also demonstrate healthier brain development.

"Parents are incredibly important in raising drug-free kids, but in many instances they are not there or are not involved," notes Dr. Volkow. Studies also show that the brains of children who lack a connection with a parent do not mature as quickly which leads to an increased risk of drug use and other impulsive behavior. The research "directly connected the lack of parenting to delays in the development of the brain."

Dr. Volkow also points to the Adverse Childhood Experience Study which shows that the risk of drug abuse is ten times higher for children who have five or more "adverse childhood experiences" such as emotional or physical abuse or trauma. Although many children are genetically predisposed to addiction, they rarely suffer from drug problems if they have parents who actively involve themselves in the children's lives and maintain a relationship with the child. Children with a genetic predisposition for addiction who also have absent or uninvolved parents show a "very significant increase in drug addiction," says Volkow.

The message? No matter how difficult it is, parents need to stay connected with their adolescent children. When a parent is involved, brain development increases and the risk of alcohol and drug abuse decreases!

For more information about some prevention programs that have demonstrated that parents, families, and communities can create a protective environment for their youth, visit [preventionplatform.samhsa.gov](http://preventionplatform.samhsa.gov) or [casacolumbia.org](http://casacolumbia.org).

## CALENDAR

### Ongoing

#### **Fatherhood Classes**

5:30-8pm, Wednesdays

Training Annex at 105 E Arbecam, Cortez

#### **Participate with Other Moms in a Supportive Environment**

Call Lynn Sokup for more info: 564-1195.

#### **Learn About Access to Health Care**

Call Steve Bract for more info: 564-1195.

#### **Mom's Night Out**

For expectant moms and moms with children birth to age 5. Meets 2<sup>nd</sup> and 4<sup>th</sup> Monday each month. Join anytime. FREE childcare and dinner. Call Joanne or Ken 564-1195.

### February

**14 Register for Positive Community Norms Training with Jeff Linkenbach**  
Training scheduled for March 4-5  
Call Missy Miller at 533-7024 to register

**22 Meth Action Committee Meeting with Cortez Medical Marijuana Dispensary**  
10:30am-12pm, Cortez Welcome Center

**24 HORIZONS On Air**  
KSJD 8:30am

### March

**3 Rural Philanthropy Days Brown Bag Lunch**  
For more info, call 533-7024 or email Amy at amyhartline@gmail.com

**4-5 Positive Community Norms Training with Jeff Linkenbach**  
Call Missy Miller at 533-7024 for more information

## Community Service That Works

*By Amy Hartline, Coalition Program Manager,  
School Community Youth Coalition*

Howard Zinn once said, "We don't have to engage in grand, heroic actions to participate in the process of change. Small acts, when multiplied by millions of people, can transform the world." How right Mr Zinn was! He saw the value of participating in the process of change through community service.

According to a 2007 study by the Corporation for National and Community Service, serving your community won't just make you happy, it will make you healthy! The study found that individuals who engage in community service experience better mental health, live longer lives, and are less prone to disease. Beyond these physical benefits, volunteering your time and energy helps to connect and strengthen us as a community. When individuals and corporations take the time to serve, we create opportunities to share and gain new skills, promote worthwhile activities, and connect with each other.

Here in Montezuma and Dolores Counties, community service opportunities abound.

*Continued on page 7*

**listen to  
HORIZONS ON AIR!**  
Tune in to KSJD or  
stream the show online at [ksjd.org](http://ksjd.org)  
8:30am 4th Wed of the month  
**Coming soon: PODCAST**  
so you can listen any time!

# SPRING 2010

## *Helping the Community and the Volunteers*

*Continued from page 6*

Leadership Council, open to all high school age students, works directly with organizations to serve the health and well-being of our community. This is a great place for youth to find fun and interesting community service opportunities and for organizations to connect with youth who want to make a difference.

The School Community Youth Coalition is also invested in community service. The coalition will be hosting a training on March 15th specifically designed for companies wanting to improve the quality of their experience with volunteers or wanting to introduce volunteer opportunities into their work place. This is a great chance to look at the big question of why we volunteer and to glean specific information about how to make community service both meaningful and easy within your organization.

So improve your health, help your community, and make a connection with all of the good work being done here in our community: volunteer!

For more information about these programs, contact Amy Hartline: 970-903-903, amyhartline@gmail.com.

**For updated calendar  
items, and more visit  
[SCYC.wordpress.com](http://SCYC.wordpress.com)**

**See you there!**

### CALENDAR

#### March (continued)

- 15 **Valuable Community Service in Montezuma County - during School Community Youth Coalition Meeting**  
10:30am, Cortez Welcome Center
- 24 **HORIZONS On Air**  
KSJD 8:30am

#### April

- 19 **Meth Action Committee Meeting**  
10:30am at Cortez Welcome Center  
**School Community Youth Coalition**  
11:15am at Cortez Welcome Center
- 21 **TEEN MAZE Community Open House**  
5-6pm, Montezuma County Fairgrounds  
*Only opportunity for non-youth to tour!*
- 22 **HORIZONS On Air**  
KSJD 8:30am
- 22-23 **TEEN MAZE**  
Montezuma County Fairgrounds.  
Call Missy Miller for more information on how to attend or how to help! 533-7024
- 24 **Early Childhood Fair**  
County Annex Building, Cortez  
For more information, contact Pam Wilderson  
565-8411 x18 or pwilderson@cortez.k12.co.us

# HORIZONS

IS PRODUCED BY

THE SCHOOL COMMUNITY  
YOUTH COALITION  
AND  
THE TARGET TOBACCO COALITION

## HORIZONS ON AIR

4TH WEDNESDAY OF THE MONTH  
KSJD 8:30-9:00 AM



# CHARACTER CHOICES

## February

Be a person of good character by practicing

### **PUNCTUALITY**

Show esteem for others by doing the right thing at the right time;  
avoid being tardy.

## March

Be a person of good character by practicing

### **RESOURCEFULNESS**

Find practical uses for that which others would overlook or discard;  
avoid being wasteful.

## April

Be a person of good character by practicing

### **TOLERANCE**

Realise that everyone is at varying levels of character development;  
avoid being prejudiced or judgmental.

*Provided by the Character Council*

## HORIZONS

Montezuma County Partners  
1011 North Mildred Street Suite A  
Cortez, CO. 81321

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